

# Child Care Health Consultation Lesson Plan

**Contractor Name:** MO DHSS CCHC Program

**Date Submitted:** December 12, 2014

☐ **Children's Health Promotion**

**Adult Training on Content Area V: Health and Safety**

*Select one standard and one level*

## Health and Safety Standards

- ☐ Promoting Risk Management Practices  
☐ Protecting Children and Youth  
☒ Promoting Physical Health  
☐ Promoting Mental Health  
☐ Promoting Healthy Eating

## Training Levels

☐ 1   ☐ 2   ☒ 3   ☐ 4   ☐ 5

**Source:**

Core Competencies for Early Childhood and Youth Development Professionals (Kansas and Missouri), 2011

**Title:** Move, Play, Learn (IMIL)

**Training Goal:** To recognize opportunities to incorporate more movement into child's day, and be able to relay the information to parents as a way to continue movement opportunities at home

**Learning Objective(s): Participants will**

- Recognize children need movement opportunities dispersed throughout their entire day
- Recognize young children learn in an integrated fashion
- Recognize physical activity for young children is not the same as it is for adults
- Identify and experience a variety of developmentally appropriate, simple activities that can be used with young children
- Identify everyday materials that have the potential to enrich movement experiences

Topical Outline of Content	Training Method(s)	Time (in minutes)
Movement activity	Participation	10
Using imagination to create activities	Hands on Activity	5
Importance of parent/caregiver roles to build movement foundation	PPT	10
Discussion of obstacles	PPT	10
Equipment/activity ideas	PPT with Demonstration	15
Review/Questions		10
<b>TOTAL TRAINING TIME = One (1) Clock Hour</b>		<hr/> 60

**Method(s) of Outcome Evaluation:** Discussion and written evaluation of presentation

## FOR MISSOURI DEPARTMENT OF HEALTH & SENIOR SERVICES USE ONLY

**Date Approved:**  
December 12, 2014

**Authorized Approval Signature:**



**Date Expires:**  
December 2014